



# POMODORO STUDY TRACKER

Focus Better. Study Smarter. Achieve More! ♥



DATE : \_\_\_\_\_



TODAY'S FOCUS : \_\_\_\_\_



DAILY GOAL (POMODOROS) : \_\_\_\_\_

## WHAT IS POMODORO TECHNIQUE?

Work for 25 minutes with full focus,  
then take a 5-minute break.

After 4 Pomodoros, take a long break (15–30 min).



## POMODORO TIMELINE



## DAILY POMODORO TRACKER

DATE : \_\_\_\_\_

| #  | TASK / SUBJECT          | POMODORO |   |   |   | FOCUS TIME<br>(25 min each) | SHORT BREAK<br>(5 min) | LONG BREAK<br>(15–30 min) | NOTES / TOPICS<br>COVERED |
|----|-------------------------|----------|---|---|---|-----------------------------|------------------------|---------------------------|---------------------------|
|    |                         | 1        | 2 | 3 | 4 |                             |                        |                           |                           |
| 1  | Example: Math – Algebra | ✓        | ✓ | □ | □ | 50 min                      | ✓                      | –                         | Chapter 2                 |
| 2  |                         | □        | □ | □ | □ |                             |                        | –                         |                           |
| 3  |                         | □        | □ | □ | □ |                             |                        | –                         |                           |
| 4  |                         | □        | □ | □ | □ |                             |                        | –                         |                           |
| 5  |                         | □        | □ | □ | □ |                             |                        | –                         |                           |
| 6  |                         | □        | □ | □ | □ |                             |                        | –                         |                           |
| 7  |                         | □        | □ | □ | □ |                             |                        | –                         |                           |
| 8  |                         | □        | □ | □ | □ |                             |                        | –                         |                           |
| 9  |                         | □        | □ | □ | □ |                             |                        | –                         |                           |
| 10 |                         | □        | □ | □ | □ |                             |                        | –                         |                           |
| 11 |                         | □        | □ | □ | □ |                             |                        | –                         |                           |
| 12 |                         | □        | □ | □ | □ |                             |                        | –                         |                           |

TOTAL POMODOROS COMPLETED : \_\_\_\_\_

TOTAL FOCUS TIME : \_\_\_\_\_

## POMODORO GUIDE



25 MIN

Focus  
Work on one task  
with full concentration.



5 MIN

Short Break  
Relax, stretch, hydrate,  
refresh your mind.



Repeat

Complete 4 Pomodoros.



15–30 MIN

Long Break  
Take a long break.  
Rest well and recharge!



## TODAY'S GOAL

What do I want to achieve today?

Why is it important?



## WEEKLY POMODORO SUMMARY

| DAY | POMODOROS<br>COMPLETED | FOCUS TIME<br>(25 min each) | LONG BREAK<br>TAKEN? | PRODUCTIVITY<br>RATING (1–5) |
|-----|------------------------|-----------------------------|----------------------|------------------------------|
| MON | _____                  | _____                       | □                    | ☆☆☆☆☆                        |
| TUE | _____                  | _____                       | □                    | ☆☆☆☆☆                        |
| WED | _____                  | _____                       | □                    | ☆☆☆☆☆                        |
| THU | _____                  | _____                       | □                    | ☆☆☆☆☆                        |
| FRI | _____                  | _____                       | □                    | ☆☆☆☆☆                        |
| SAT | _____                  | _____                       | □                    | ☆☆☆☆☆                        |
| SUN | _____                  | _____                       | □                    | ☆☆☆☆☆                        |

WEEKLY TOTAL : \_\_\_\_\_

## PRODUCTIVITY RATING GUIDE

- 5 Excellent  
Super productive!  
Stayed focused all day. ★
- 4 Good  
Very productive.  
Minor distractions. ★
- 3 Average  
Okay day.  
Can improve more. ★
- 2 Below Average  
Many distractions.  
Need to focus better. ★
- 1 Poor  
Very unproductive.  
Try again tomorrow! ★

## NOTES



## TIPS FOR SUCCESS

- ✓ Eliminate distractions before starting.
- ✓ Keep your phone away.
- ✓ Focus on ONE task at a time.
- ✓ Take breaks to avoid burnout.
- ✓ Be consistent. Small steps, big results!



## TODAY I WILL...

- Stay focused during Pomodoros ☐
- Take short breaks ☐
- Complete 4 Pomodoros ☐
- Take a long break ☐
- Review what I learned ☐
- Be proud of my progress ☐

## REFLECTION



- 😊 What went well today? \_\_\_\_\_
- 💡 What distracted me? \_\_\_\_\_
- ♥ What can I improve tomorrow? \_\_\_\_\_

